



## HEALTH CENTER ACTIVITIES: February 19 - February 25



### Monday 02/19

#### Presidents's Day

#### BEAUTY SHOP DAY

**8:30** House Calls

**9:15** Exercise & Current Events  
-MPR

**9:30** Flexible Fitness  
-Channel 88

**10:00** Second Presbyterian Service - Channel 88

**10:00** Room Visits/1:1's

**11:15** Passing Mail

**1:00** Manicures  
-5100 & A/B  
& C/D Residents Only  
-MPR

**3:00** Bingo  
-MPR

**3:00** Memory Makers (Manicures)  
-5200 West Sitting

**3:00** Chair Yoga  
-Channel 88

**4:00** Room Visits/1:1's

### Tuesday 02/20

#### BEAUTY SHOP DAY

**9:15** Exercise & Current Events-MPR

**9:30** Sit & Fit  
- Channel 88

**10:15** Exercise & Current Events  
-5200 North Living Rm.

**11:15** Passing Mail

**12:15** Monthly Birthday Luncheon-WMV  
Hearth Dining Rm.

**1:00** Hands In Motion  
-Channel 88

**1:00** Carol Denny Memorial Service  
-MPR

**1:30** PBS: "A Conversation With Oprah Winfrey and"  
-Channel 88

**3:00** Exercise w/Wellness  
-MPR

**3:00** Memory Makers (Manicures)  
-5100 West Sitting

**3:00** Shadow Boxing  
-Channel 88

### Wednesday 02/21

**9:30** Flexible Fitness  
-Channel 88

**10:15** Resident Council  
-MPR

**11:15** Passing Mail

**1:00** Chair Chi  
-Channel 88

**1:30** Vespers-MPR

**2:00** Broadway: "Romeo and Juliet" (2014)  
-Channel 88

**3:00** Conversation Starters & Refreshments  
-5200 North Dining Room

**4:15** Time with Our Spotlight Residents

### Thursday 02/22

**8:30** House Calls

**9:00** Chair Dance  
-Channel 88

**9:15** Exercise & Current Events-MPR

**10:15** Exercise & Current Events—5200 North Living Rm

**11:15** Passing Mail

**1:00** Hands in Motion  
-Channel 88

**1:00** Room Visits/1:1's

**2:00** Reel Rundown: "Self Made: Bootstraps"  
-Channel 88

**3:00** Presidents Day History, Slide Show, Trivia, Poetry (IN2L)  
- 5200 North Living Rm.

**3:00** Shadow Boxing  
-Channel 88

**4:00** Room Visits/1:1's

**7:00** Golden Embers  
-SC

### Friday 02/23

**9:00** Sit & Fit  
-Channel 88

**9:15** Bible Study w/Dave  
-MPR

**10:15** Exercise & Current Events—5200 North Living Rm

**11:15** Passing Mail

**1:00** Popcorn

**2:30** Manicures  
-5200 East Sitting Rm.

**4:00** Time with Our Spotlight Residents



